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Stanton on MVP pace while Yankees bats boom. 31

WRAP IT UP

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New Game Scrabble
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How a proposal for a more inviting Stock Exchange District aligns with the current changing face of the neighborhood. 4

DOWNTOWN ALLIANCE

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5 THINGS TO KNOW

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NIKKI M MASCALI, REPORTER

Since moving here in the fall of 2012, I've primarily worked in the same five-block radius of the NYSE. While I love the area for its historical significance, it can be hard to navigate thanks to all the people and security checkpoints, but Downtown Alliance and its partners have proposed some ways to make the Stock Exchange District much easier on both foot traffic and the eyes. Check out page 4 or **metro.us** to find out what they are — and how they align with the current reimagining of the Financial District.

MELANIA TRUMP TREATED FOR KIDNEY CONDITION

1 President Donald Trump's wife, Melania Trump, underwent a surgical procedure on Monday to treat a benign kidney condition and will remain at Walter Reed medical center for the rest of the week, the first lady's office said. Spokeswoman Stephanie Grisham said in a statement that Mrs. Trump, 48, underwent an embolization procedure to treat the kidney condition."The procedure was successful and there were no complications," Grisham said. "The first lady looks forward to a full recovery so she can continue her work on behalf of children everywhere." Trump spoke with his wife of 13 years before the procedure and talked to the doctor after it was completed, a White House official said. Trump later traveled by his Marine One helicopter to Walter Reed to visit his wife. "Heading over to Walter Reed Medical Center to see our great First Lady, Melania. Successful procedure, she is in good spirits. Thank you to all of the well-wishers!" he tweeted. A CNN/SSRS poll found last week that Melania was viewed favorably by 57 percent of Americans, up from 47 percent in January. Her husband's job approval rating lags behind hers at 50 percent or less.

SENATE VOTES WEDNESDAY ON NET NEUTRALITY

2 The U.S. Senate will vote on Wednesday on whether to reverse a decision by the Trump administration to roll back Obama-era "net neutrality" rules, Democratic senators said on Monday. Advocates of keeping the 2015 open-internet rules have the backing of 50 U.S. senators, including Republican Susan Collins. And with the absence of Sen. John McCain because of illness, they believe they will win on a 50-49 vote. The effort still faces an uphill battle - it is uncertain if the Republican-controlled U.S. House of Representatives will even vote on the issue and the White House backs the Federal Communications Commission (FCC) rules approved last December. The FCC repealed rules set under President Barack Obama, a Democrat, that barred providers from blocking or slowing down access to content or charging consumers more for certain content. Those rules were intended to ensure a free and open internet, give consumers equal access to web content and bar broadband service providers from favoring their own material or others. The new rules require internet providers to tell consumers whether they will block or slow content or offer paid "fast lanes."

PALESTINIAN CONFLICT IN GAZA

3 A Palestinian man assists a wounded protester during clashes with Israeli security forces near the border between Israel and the Gaza Strip, east of Jabalia, on Monday, as Palestinians protest the inauguration of the U.S. embassy following its controversial move to Jerusalem. ***Read more on page 10.***

GETTY IMAGES

TRUMP DEFENDS HELPING CHINA TELECOM COMPANY

4 President Donald Trump on Monday defended his decision to revisit penalties for Chinese company ZTE Corp for flouting U.S. sanctions on trade with Iran, saying the telecom maker is a big buyer for U.S. suppliers. Trump, known for his fiery rhetoric against Chinese trade practices he says hurt U.S. jobs, faced backlash from both Republican and Democratic lawmakers after he pledged to work with Chinese President Xi Jinping to help ZTE, saying too many jobs in China had been lost. The company shut its main operations after the Commerce Department banned U.S. companies from selling components to ZTE for seven years after it violated the terms of a settlement deal for illegally shipping goods made with U.S. parts to Iran and North Korea. "ZTE, the large Chinese phone company, buys a big percentage of individual parts from U.S. companies. This is also reflective of the larger trade deal we are negotiating with China and my personal relationship with President Xi," Trump said on Monday. U.S. companies are estimated to provide 25 percent to 30 percent of components used in ZTE's smartphones, network gear and other products.

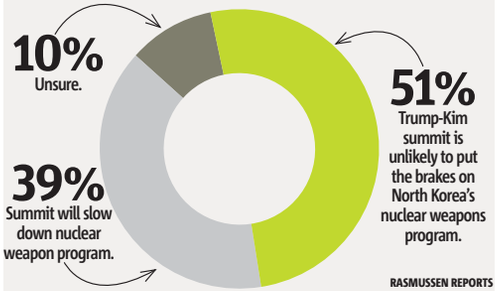
NYC NANNY GETS LIFE FOR MURDERING CHILDREN

5 A New York nanny convicted of fatally stabbing two young children in her care was sentenced on Monday to life in prison without the possibility of parole for a crime that has been described as every parent's nightmare. In a case that drew national headlines, Yoselyn Ortega, 56, was found guilty by a jury in April of murdering both Lucia Krim, 6, nicknamed Lulu, and her 2-year-old brother, Leo, and leaving their bloody bodies in a bathtub in their luxury Manhattan apartment in October 2012. Judge Gregory Carro on Monday called the case "pure evil" before issuing the sentence, the stiffest available. Before hearing the sentence, Ortega addressed the court and apologized. She spoke in Spanish through a translator. "I'm very sorry for everything that happened ... I ask for a great deal of forgiveness," she said in a shaky voice. She said she was asking forgiveness from God and the children's parents, adding she had not been feeling well on the day of the murders. In 2012, in the aftermath of the killings, the Krims founded the Lulu & Leo Fund, which supports creativity in schools. Their family now includes two more children: Felix, born in October 2013, and Linus, born in January 2016.

STATS

NORTH KOREA

President Trump has agreed to meet with North Korean dictator Kim Jong Un, the first time a U.S. president has ever met with the leader of the rogue communist regime. How likely is it that this meeting will result in a slowing or stopping of North Korea's development of nuclear weapons?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Artist Chinon Maria with a portion of "Past, Present, Future NYC," her first FiDi mural, which can be found on the 69th floor of 4 World Trade Center, one of the floors that will be occupied by Spotify. NIKKI M. MASCALI

Downtown Alliance reimagines NYSE District while keeping the area's historical integrity

"It is a grand, yet achievable vision that could turn the Stock Exchange District into the jewel it should be," said Downtown Alliance President Jessica Lappin.

NIKKI M. MASCALI
nikki.mascali@metro.us

If you're thinking the area surrounding the New York Stock Exchange is a cold, imposing place — from the stones that line Broad Street to the color of traders' suits and the buildings — you'll be happy to know a sea change could be underway.

On Monday, Downtown Alliance and its partners released "A More Welcoming Wall & Broad: A Vision for Improving the Stock Exchange District," their recommendations for redesigning the area to be more inviting to residents, workers and visitors while still keeping it — and its historical significance — secure.

"On this corner is where the city began and our country began," Downtown Alliance President Jessica Lappin said at a press conference just across from the NYSE and Federal Hall. "It is a grand, yet achievable vision that could turn the Stock Exchange District into the jewel it should be."

The area is "one of the most historic spots in the entire world and should be iconic," added Tom Farley, president of the NYSE. "It's been stuck, to some extent, in a time warp since 9/11 and must be transformed. It must be secure, but it can be done in a beautiful way."

Among the improvements proposed are creating curbless shared streets, lighting upgrades, including adding architectural lighting to showcase the district's nine landmarked buildings. Additional plans include adding new, multi-functional seating with planting beds, creating a more attractive security infrastructure and piloting a central delivery center from where packages would be distributed via hand trucks or bicycles.

The changes proposed in "A More Welcoming Wall & Broad" would cost roughly $30 million "if done today," Lappin said. "This is the first step — it's a vision and a plan. There's nothing proposed here that isn't possible."

Downtown Alliance and its partners proposed adding curbless share streets, multi-functional seating and more. DOWNTOWN ALLIANCE

BRINGING COLOR AND FEMININITY TO FIDI

Though a reimagined Stock Exchange District may be currently relegated to just renderings, the Financial District's post-9/11 revitalization has been taking a colorful, diverse and feminine turn thanks to the vibrant artwork of Chinon Maria.

Maria, with her partner/creative producer Sebastian Mitre, has "a trifecta" of murals in the neighborhood: "Past, Present, Future NYC" on the 69th floor of 4 World Trade Center, "One World, Our Children" at Albany Plaza and the just-completed floral mural on Vesey Street.

"For a site like this that is very transitional with a lot of construction, hopefully this brings about some brightness and color to be part of our everyday life," Maria said of "Vesey Street," which adds a pink pop of color to the landscape. "It's not only the allure of public artwork to celebrate spring and femininity, but it also has a role, it's useful, and it's very important to have that female narrative be part of our everyday experience."

Maria's public works at Albany Plaza and on Vesey Street have been welcomed by neighborhood workers, residents and visitors alike. While painting the 200-foot long "One World, Our Children," she and Mitre would be cheered on regularly and a longtime resident just told her that seeing "Vesey Street" was the "last piece to my recovery after 9/11," Maria shared. "And that's why we're here."

"It's the healing power of art," Mitre added. "It's a turning point for artists to be recognized as agents of change."

It certainly is, as murals by other artists are slated to soon begin popping up in the vicinity of the World Trade Center complex, its officials told Metro.

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82 finalists to audition for MTA's Music Under New York

For the 31st year, the program will offer a wide variety of diverse musical performances at 30 high-traffic areas of the city's transit system.

NIKKI M. MASCALI
nikki.mascali@metro.us

Very often, we New Yorkers hear subway performers long before we see them as we traverse through the stations and along the platforms. But on Tuesday, you can watch as some of them audition to play for us as part of the MTA's Music Under New York program. Also known as MTA Music, the program is now in its 31st year.

Musicians from across the city, Long Island and Westchester County as well as some hailing from New Jersey, Connecticut and Pennsylvania, will audition at Vanderbilt Hall in Grand Central Terminal on Tuesday starting at 9 a.m.

This year, 82 musicians and groups chosen from 309 applicants will try out for the approximately 20 slots open in the MTA Music roster, which offers performances in 30-high traffic areas of the MTA's subway stations and commuter rail terminals.

"Music Under New York celebrated its 30th anniversary last year, and the application process is more competitive than ever," MTA Arts & Design Director Sandra Bloodworth said in a statement. "We're excited to see how this year's finalists will pour their hearts into performing for the judges and the public to secure a coveted spot in Music Under New York. New Yorkers are the greatest audience in the world, and NYC Subway offers a stage like no other."

A performer auditions for the MTA's Music Under New York program in 2014. FLICKR/MTA

During Tuesday's auditions, the musicians will have five minutes to perform before a 12-judge panel that includes music industry professionals, members of city cultural institutions, current MTA Music members and MTA staff. Criteria includes quality, appropriateness for the transit environment, musical variety and cultural diversity.

MTA Music currently features more than 350 performers across a multitude of genres and cultures. MTA Arts & Design presents more than 7,500 performances each year and revises the performance schedule every two weeks.

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These are the best landlords in Brooklyn

Rentlogic, a site that grades New York City buildings based on violations data, has released a list of the top owners in the borough.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

When apartment Hunting in New York City, you want to make sure your potential landlord is keeping the building in tiptop condition.

Each year, New York City's public advocate releases a list of the worst landlords in the five boroughs, a ranking of those who leave their tenants to live in dangerous or despicable conditions. It's a great resource for landlords to avoid, but what if you're looking for suggestions?

Rentlogic, a real estate startup that grades apartment buildings based on violations of the New York City building codes, has released a list of the best landlords in Brooklyn.

"We use an algorithm to fairly and consistently rate all buildings as A, B, C or F."

Founder and CEO of Rentlogic
Yale Fox

You can look up any building on the Rentlogic site and see its grade rating, but to make things a bit easier, the site has highlighted the Brooklyn landlords with the most "A" grades across the greatest number of buildings.

"Rentlogic grades 1.1 million apartment buildings in New York City based on physical inspections and objective health and safety standards. We use an algorithm to fairly and consistently rate all buildings as A, B, C or F," said Yale Fox, founder and CEO of Rentlogic, in an email. "There are so many tools out there that can make building owners look bad, and so we wanted to provide ones that can make good property operators look good for a change."

Rentlogic's grades are based on the building's history of violations over the past four years, with a particular emphasis, the site says, on the types of violations "that directly impact residents' quality of life."

This is the second such list Rentlogic has put out; the site listed the 12 top Manhattan landlords back in December. For more information on the top Brooklyn landlords, real estate news site Brick Underground has profiles of each one that appears on the Rentlogic list below.

Real estate rating site Rentlogic has compiled a list of the best landlords in Brooklyn. REGULUSALPHA/FLICKR CREATIVE COMMONS

RENTLOGIC'S BEST BROOKLYN LANDLORDS

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3. Rabsky Group
4. Zuzu Property Management
5. Arnold Rosenshein
6. Two Trees
7. Jonathan Holman
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City Council introduces 10 family-focused bills

City Council on Sunday introduced 10 bills designed to support New York parents, caregivers, kinship guardians and foster parents.

Dubbed the "Mother's Day bills," the legislation introduced by City Council Speaker Corey Johnson and Majority Leader Laurie Cumbo covers everything from pre- and post-natal care, childbirth, parenting and child-rearing to a child's physical, emotional, social and intellectual development from infancy to adulthood.

"They say that it takes a village to raise a child, but sadly we all too often fall short when it comes to supporting parents and caregivers," Johnson said in a statement.

Added Cumbo, "Every child in this city deserves to live the best life possible, and we as a City Council are working to do everything we can to make that a reality. I am proud of my colleagues — both male and female — who helped make these bills a reality." NIKKI M. MASCALI

City Council's legislation covers everything including development from infancy to adulthood. ALL IMAGES ISTOCK

HERE IS THE BREAKDOWN OF THE 10 'MOTHER'S DAY BILLS' INTRODUCED BY CITY COUNCIL

1. Amend city administrative code to require employers with more than 15 employees to provide lactation spaces and refrigerators to store breast milk.

2. Require employers to create policies outlining lactation accommodations as well require the city's Commission on Human Rights to create and distribute a model lactation accommodation policy.

3. Require lactation rooms in certain city spaces like the Department of Education, police precincts and jail facilities that accept visitors and house women.

4. Require the city's Department of Health and Mental Hygiene (DOHMH) to assess the needs of pregnant people and the availability for free and low-cost doula services and provide the council with an annual access plan for those who request such service.

5. Require DOHMH to expand its reporting on maternal mortality and enhance the cooperation between city agencies in annual recommendations.

6. Allow campaign funds, but not public money, to be used for childcare and babysitting costs for children under 13 when the candidate is the primary caregiver.

7. Require any Department of Correction inmate be allowed to choose the gender of their doctor.

8. Require the Department of Citywide Administrative Services to provide diapers to meet the needs of residents and recipients of child subsidized care centers, Family Justice Centers, city-run shelters and more.

9. Require annual DOHMH reporting on licensed and unlicensed child-care facilities, including the number of licensed facilities and the number of inspections and complaints at those facilities, as well as the results of those complaints and how many unlicensed facilities were closed.

10. Require the Department of Citywide Administrative Services to conduct a feasibility study and pilot to offer on-site group childcare options for city employees.

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Israeli forces kill dozens in Gaza as new US Embassy opens in Jerusalem

It was the bloodiest single day for Palestinians since 2014.

Israeli troops shot dead dozens of Palestinian protesters on the Gaza border on Monday when the high-profile opening of the U.S. embassy to Israel in Jerusalem by the Trump administration raised tension to boiling point after weeks of demonstrations.

In the bloodiest single day for Palestinians since 2014, Palestinian Health Ministry officials said 58 protesters were killed and 2,700 injured by live gunfire, tear gas or other means.

The bloodshed drew calls for restraint from some countries, including France and Britain, and stronger criticism from others, with regional power Turkey calling it "a massacre."

The White House declined to join in urging Israel to exercise caution and pinned the blame squarely on Gaza's ruling Hamas group, backing Prime Minister Benjamin Netanyahu who described the Israeli military's actions as self-defense of his country's borders.

In siding squarely with Israel, Washington put distance between itself and its European allies for the second time in a week, after angering France, Germany and others last Tuesday by abandoning an international nuclear deal with Iran.

In contrast to the violent scenes in Gaza, Israeli dignitaries and guests attended a ceremony in Jerusalem to open the U.S. Embassy following its relocation from Tel Aviv.

The move fulfilled a pledge by President Donald Trump, who in December recognized the holy city as the Israeli capital.

Netanyahu thanked Trump for "having the courage to keep your promises."

Sen. Tim Kaine, the top Democrat on the foreign relations subcommittee that covers the region, told Reuters the situation was "tragic" and said, "It's not viewed as the U.S. trying to solve a problem, it's viewed as the U.S. just stepping away from the problem, and that's sad."

"Today is the big day when we will cross the fence and tell Israel and the world we will not accept being occupied forever."

Gaza science teacher Ali

Palestinians seek East Jerusalem as the capital of a state they hope to establish in the occupied West Bank and the Gaza Strip.

Israel regards all of the city, including the eastern sector it captured in the 1967 Middle East war and annexed in a move that is not recognized internationally, as its "eternal and indivisible capital."

Most countries say the status of Jerusalem — a sacred city to Jews, Muslims and Christians — should be determined in a final peace settlement and that moving their embassies now would prejudge any such deal.

Peace talks aimed a finding a two-state solution to the conflict have been frozen since 2014.

Trump's recognition of Jerusalem as Israel's capital in December outraged Palestinians, who said the United States could no longer serve as an honest broker in any peace process.

In Gaza, Palestinian protests quickly turned into bloodshed. Tens of thousands had streamed to the edge of the coastal enclave's land border, some approaching the Israeli fence.

"Today is the big day when we will cross the fence and tell Israel and the world we will not accept being occupied forever," said Gaza science teacher Ali, who declined to give his last name.

Clouds of black smoke from tires set alight by demonstrators rose in the air. Demonstrators, some armed with slingshots, hurled stones at the Israeli security forces, who fired volleys of tear gas and intense rounds of gunfire. REUTERS

GETTY IMAGES

Transit advocates ask subway riders to call the mayor in push for fair fares

Transit advocates are asking subway riders to call the mayor and demand fair fares. GETTY IMAGES

As you wait on subway platforms this week, you may see transit advocates asking you to call Mayor Bill de Blasio's office to ask him to adopt "fair fares."

Members of the Riders Alliance and Community Service Society, an organization that advocates for low-income New Yorkers, announced on Monday a weeklong grassroots campaign in an effort to secure half-priced MetroCards for those living in poverty.

In April, New York City Council Speaker Corey Johnson and Finance Committee Chair Daniel Dromm recommended that the mayor institute the Fair Fares initiative in the Fiscal Year 2019 budget.

"The administration should fund a program to provide half-fare MetroCards to individuals and families living below the poverty level so that approximately 800,000 low-income people could save up to $726 per year," they recommended.

But de Blasio did not include the initiative in the proposed budget, prompting Johnson and Dromm to release a statement saying they were disappointed that it did not address all of the City Council's priorities.

Nearly $1 billion in additional revenue is expected in Fiscal Year 2018, they noted, and they said that "the administration should use this additional revenue to institute Fair Fares to help our most vulnerable neighbors," as well as to fund a property tax rebate for middle-class homeowners and put some money in reserves.

Now, with the passage of the city budget just weeks away, advocates with the Riders Alliance and Community Service Society gathered in Harlem on Monday to bring that call to action to regular New Yorkers. In front of the 125th Street subway stop, they announced a weeklong canvassing effort to ask riders to call Mayor Bill de Blasio's office, voice their support for Fair Fares and ask him to join the cause.

> **"The administration should fund a program to provide half-fare MetroCards to individuals and families living below the poverty level..."**
>
> City Council Speaker Corey Johnson and Finance Committee Chair Daniel Dromm

The location is also meant to raise awareness of the Fair Fares initiative, the advocates said. Making the announcement in Harlem — parts of which have poverty rates around 30 percent — they hoped to reach some of the riders who may qualify.

Citywide, 19.5 percent of New Yorkers live below the poverty line. At an estimated cost of $212 million out of a $90 billion budget, Riders Alliance said, nearly 800,000 of these working-age New Yorkers would be eligible for Fair Fares, with participants saving up to $726 annually.

"New Yorkers living at or below the poverty line should not have to wait any longer for relief from the often prohibitive cost of public transit in our city," said David R. Jones, president and CEO of the Community Service Society, in a statement. "Our Fair Fares proposal could save working poor New Yorkers hundreds of dollars a year and give them the freedom to access more of what New York City can offer them and their families. We have overwhelming support for this plan and now simply need Mayor de Blasio to pick up the phone and listen to his constituents. Fair Fares can't wait." KRISTIN TOUSSAINT

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Millionaires using Trump's hairstyle

Mark Zuckerberg, founder and CEO of Facebook. **ALL IMAGES VICTOR ENRICH**

Jeff Bezos, founder and CEO of Amazon.

President Donald Trump has become one of the most famous and perhaps infamous, characters in the world, which is why Spanish digital artist Victor Enrich Tarres created his series "The Trump We All Have Inside." In it, he adjusts the U.S president's hairstyle on businessmen who appear in the Forbes magazine of millionaires.

MWN

Amancio Ortega Gaona, founder of Inditex fashion group.

Bill Gates, principal founder of Microsoft.

Warren Buffett, CEO of Berkshire Hathaway.

VICTOR ENRICH
Spain-based digital artist

Q&A

What are your Trump series about?
Basically, Donald Trump, at the expense of working very well as a character of odious and despicable characteristics, has become an anti-model, or in other words, a model of what one should not be. In that sense, this role of the hateful person has a perverse effect: It makes other people look better than they really are. This series aims to associate very "trumper" characteristics in people who today pass as heroes and defenders of good business practices. And to emphasize this position, I have chosen members from the Forbes list.

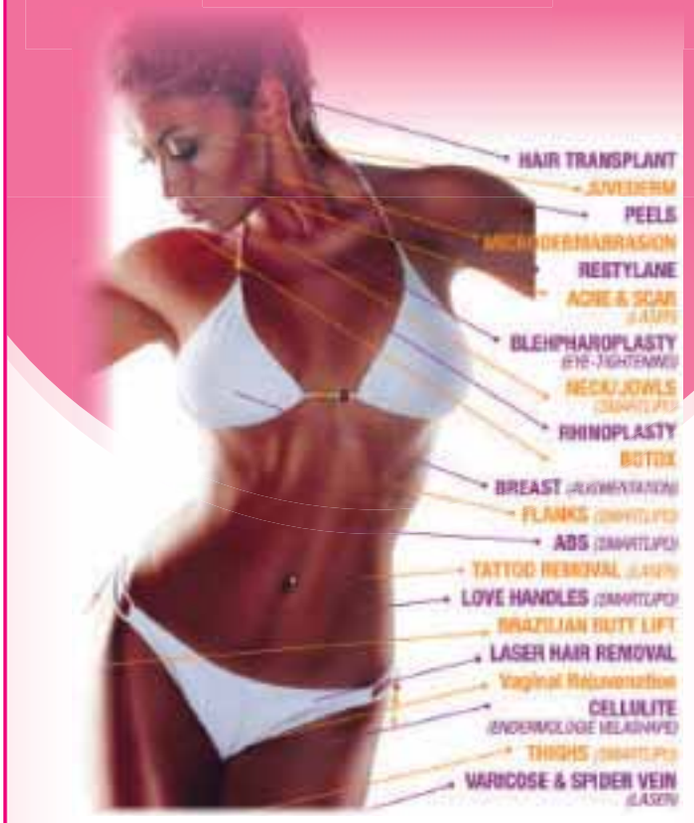
What inspired you to create it?
Trump himself is an inexhaustible source of inspiration. But I suppose the basis of it all lies in my position against mass capitalism.

What is the message of your project?
Anyone who aspires to amass excessive power should know that he or she will always be the target of criticism. Being powerful never comes for free.

What would Trump's reaction on your project be?
I don't think Trump is an overly self-critical, culturally, artistically or intellectually sensitive person. In the hypothetical case that Mr. Trump knew about this series (which is expected to exceed 10 portraits), I don't think he even flinched. At best it would serve to increase his vanity.

INTERVIEW BY DANIEL CASILLAS, MWN

THE RESULTS SPEAK FOR THEMSELVES!



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NYU Langone Health

Gamblers take in sporting events at a Las Vegas casino during March Madness. GETTY IMAGES

Sports gambling industry about to change forever with states in charge

Monday's Supreme Court ruling changed the game.

MATT BURKE
matthew.burke@metro.us

Cancel that trip to Vegas.

In the very near future you will be able to wager real money on any number of sports – whether it be on your phone or at a local sports book right around the block from where you live. Oh, and you will now be able to do this on the up and up – fully legal.

The Supreme Court wiped out a federal law on Monday that prohibits sports gambling, and it gave individual states the right to legalize betting on sports. Prior to Monday's ruling, Nevada was the only state in the country where you could bet on sporting events.

"This is game-changing. It's an enormous moment for numerous industries including the major sports leagues in this country," said Daniel Barbarisi, author of the daily fantasy sports book "Dueling with Kings," in an interview with Metro. "Over the next several years, New Jersey and I'd estimate 10 other states will have fully legal sports betting available. Other states will quickly follow suit from there, and then sooner than later it will be half the country. I'd be surprised if it didn't happen now, honestly. It's a huge win for the gambling industry."

Monday's ruling was a long time coming, but there was surprisingly little mainstream backlash against the decision, and Barbarisi credits that to a widespread change in thinking regarding gambling in the United States.

"There's been a sea-change in the way people look at it, and a lot of the daily fantasy sports phenomenon in recent years was a part of that," Barbarisi told Metro. "People stopped and asked, 'Hey isn't this actually sports betting?' Is this doing any harm?' It moved the needle to getting things to this point. Of course, anti-gambling groups are not going to be happy about this. … But on the whole, the country has moved in the direction of, saying, 'This is OK.' We're now very close to having a European model on sports gambling."

There is expected to be a quick shift from people wagering online with offshore book makers to legal bookmakers on the internet, and Barbarisi foresees plenty of start-up companies trying to get in on the action.

"This is their Holy Grail," Barbarisi said. "They will see a renaissance from this, though most of this will transition online. A lot of big Vegas companies like MGM, which already has outposts throughout the country, will benefit greatly from this. Daily fantasy sports companies like DraftKings and FanDuel will move into sports betting and essentially become sports books too. They already have databases with millions of users who trust them with their credit card info."

CHANGE IN CULTURE

Something as simple as watching sports will change for non-gamblers as well. In the coming years, expect to see in-game advertising for sports books. In Europe, there are even kiosks outside of sports arenas that give you the opportunity to place a bet on the game you are about to attend.

"A lot of this stuff will depend on the leagues themselves," Barbarisi told Metro. "The NBA has supported it. But there may be some resistance in advertising. There are no cigarette ads during sporting events because kids are watching. But there are beer commercials. Is advertising for sports gambling OK?"

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I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
My toes aren't straight- they are all cocked-up, bent and hurt.
I have painful calluses on the ball of my foot which keep building up.
I have corns on my toes which get thick no matter what shoe size I wear.
The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
I have cramps in my legs which always happen when I walk the same distance.
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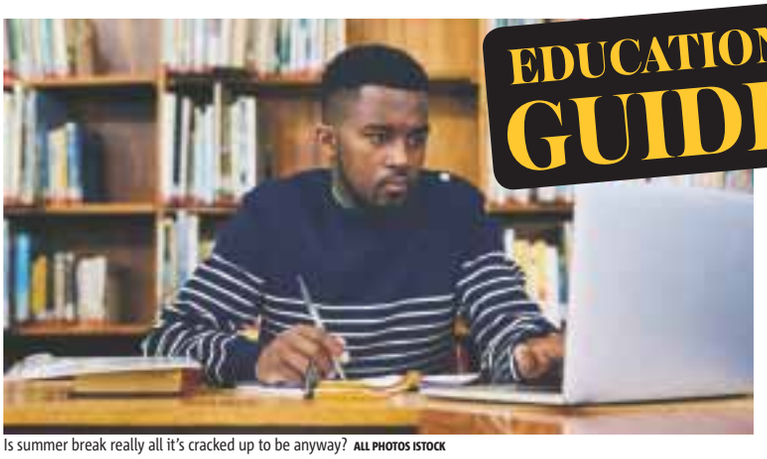
Smarten up this summer

Seven great reasons why you should consider studying at college this summer.

CHRISTIAN TAYLOR
letters@metro.us



EDUCATION GUIDE

Is summer break really all it's cracked up to be anyway? ALL PHOTOS ISTOCK

Whether you're in high school or college, no doubt you've been looking forward to your well-deserved summer break. Some students prefer to spend it working to save money or completing an internship. Others will be kicking back with their friends or taking road trips.

And then there are a select few who will be spending their summer in the classroom. Nobody wants a life that's all work and no play, but there are some valid reasons to use your vacation as a chance to get ahead academically.

1 Fast track your goals over summer break When you compare the summer term to the traditional 13- to 15-week semester, it's about half as long. That means the classes are more intensive because you have to fit the same amount of learning into half the amount of class time. However, this also means that if you can focus, you'll be able to achieve the same academic goals in half the time.

2 Make up for poor grades Some students find it a struggle to keep on top of their studies when they have a full class load. Taking some courses over the summer can be a great way to make up for a failed class or to turbo boost your graduation schedule. Campuses are often much quieter over summer, which can help you focus.

3 Experience college life If you're preparing for your freshman year in college, taking a pre-college program can help you get a head start on the college experience, so it won't be such a shock to the system when you finally begin.

4 Make new friends Summer classes are usually smaller, so learning in a more intimate setting can often lead to rubbing shoulders with other students whom you normally wouldn't spend time with. Also, many international students come to the States to study over the summer break, so you might make some new friends from abroad and expand your horizons in ways you hadn't expected.

5 Maintain academic momentum A summer break can be a great rest for your mind, particularly if you've been studying hard all year. But it can also mean falling out of your academic routine and developing some bad habits. Some students find studying over the summer can help them maintain that rhythm.

6 Flexible learning options Some colleges, like Boston University, offer online courses, which means no need to commute or live on campus. You can fit your studies in at a time that suits you, so you'll still feel like you're on summer break.

7 Try something new During your traditional academic year, it's hard to find the time to explore different subjects when you're so often focused on your major. Taking some time to study over summer can not only add some interesting achievements to your CV, it may also inspire you to take your studies in a new direction.

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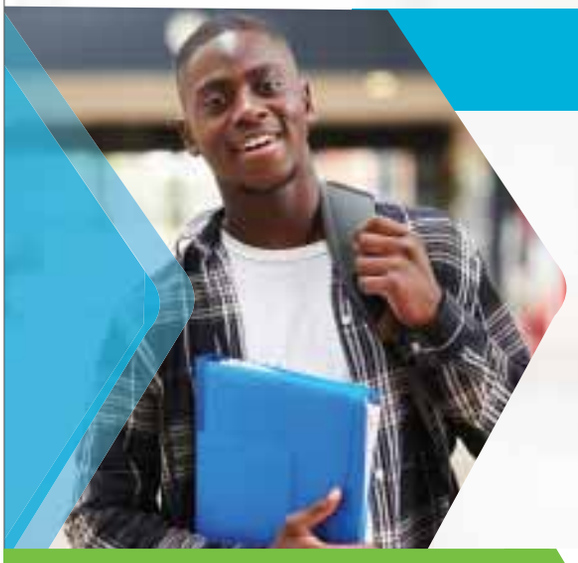

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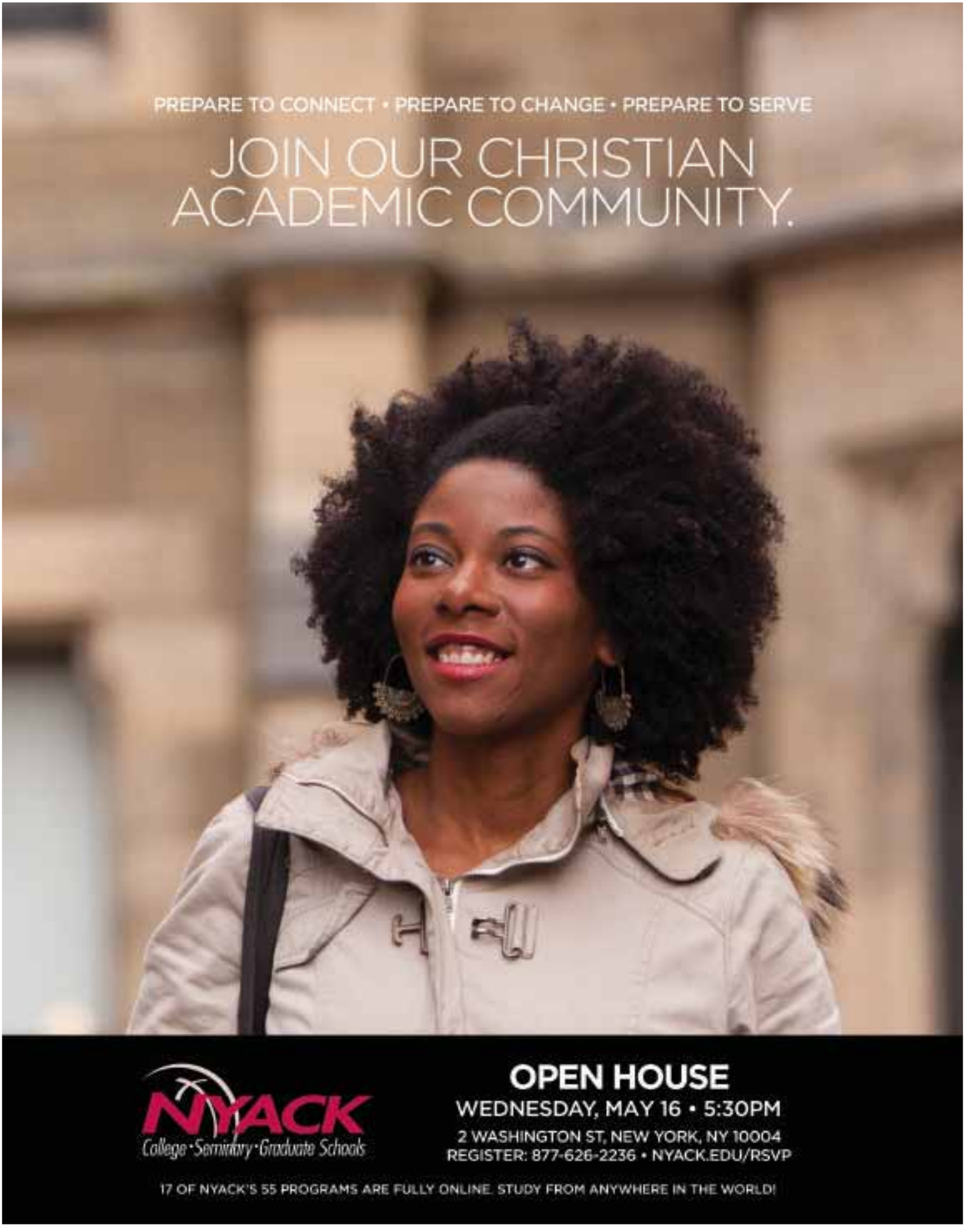
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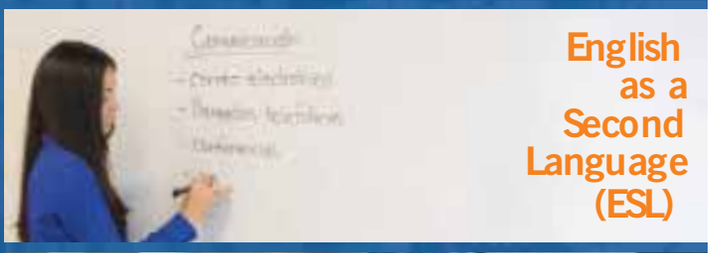

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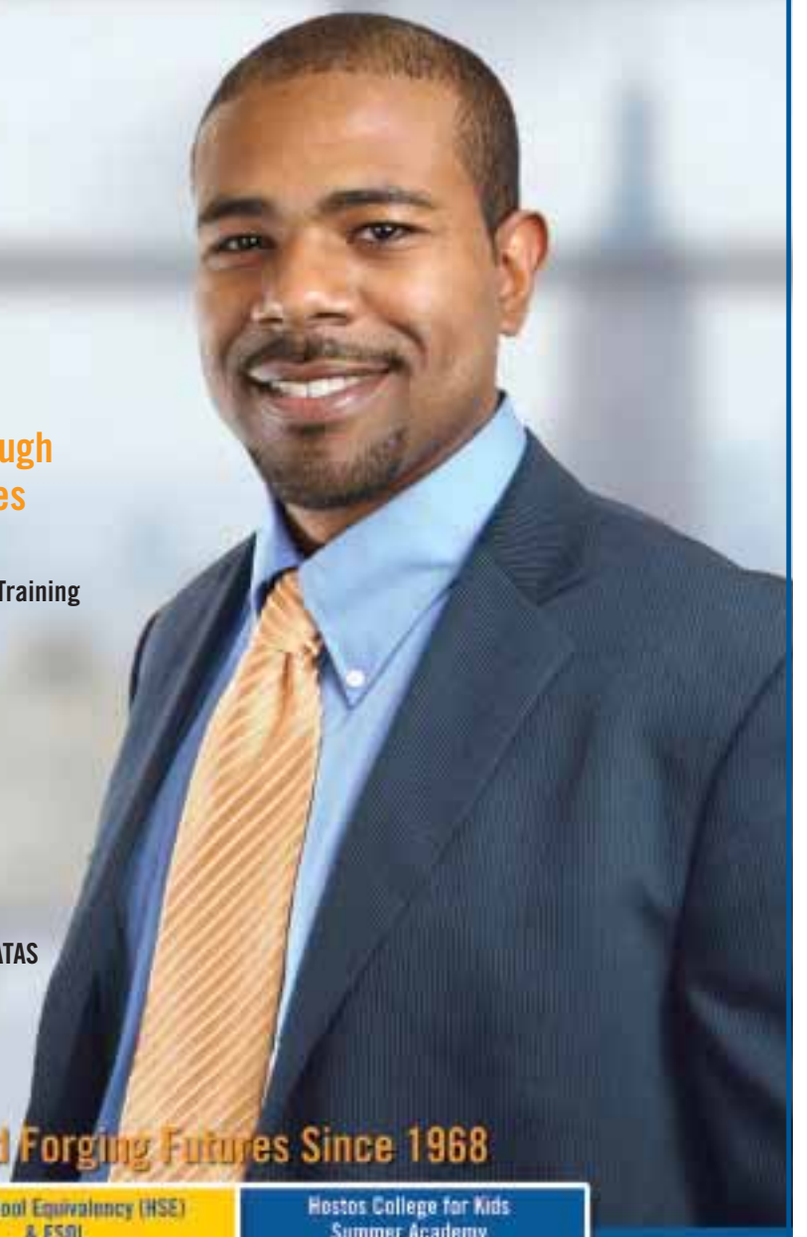

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It will include policies and procedures to best manage an organization's sensitive data and the key characteristics of information security threats. Participants will learn what is needed to develop and implement effective security strategies to ensure a business's devices and data are appropriately protected.

The **Cyber Security Workshop will be held Thursday, May 24, 2018** from 6-8pm at Touro GST / 27 West 23rd Street, Room 534.

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For More Information:
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Thanks for the trailers, Netflix. But chill out! ISTOCK

the GRUMBLE

Pat King
Metro Reporter

Netflix Instant Previews

OK. We get it, Netflix. You fixed the thing we have all been begging you to fix for years. You finally added trailers to your movies and shows so people can get an idea of what they're going to put on before inevitably bailing and spending another four hours looking for something else. The only problem is, these trailers automatically play after you land on something and go on for what seems like a horrific and endless loop. Don't get me wrong, thank you for trying! But it's like you are saying "You wanted trailers, huh? HERE'S YOUR TRAILERS!" What's even worse is that you didn't get the rights for titles that are not Netflix originals so you had to get some public domain Southern rock ripoff to play over and over anytime you scroll past "Talladega Nights." Again, thanks for looking into the issue, guys. But a simple "watch the trailer" button would have made all of our lives a little bit easier. Not to bring up a sore subject, but it seems like Amazon Prime gets it.

VENT TO US!
GRUMBLE@METRO.US

READER REACTS

'Drivers not using their directional signals & mirrors'

BY Dottie Donofrio, Metro US reader

Today is more challenging than ever when driving...

There are too many drivers that have NO consideration or awareness of their fellow drivers.....

Directionals were installed on vehicles to aid in notifying when the driver is wanting to make a lane change giving advance notice to others about this pending change!

Mirrors were installed on vehicles to guide and make the driver aware of their surroundings at all times.

Thank you. This sounds like it will be an educational experience.

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The winning caption by Leo Breadturner, *Flushing, Queens*

metro.us/horoscopes

Aries Don't let impulse take the reins. A snap decision will result in backtracking. Put more time and effort into personal changes. Physical activity will relieve stress.

Taurus Deal with matters that can help you improve your daily routine. Positive change will come through hard work and following what makes you happy.

Gemini You are best off keeping your whereabouts and plans secret. Avoid people who tend to pry or use manipulative tactics to meddle in your affairs.

Cancer You can make fabulous contributions if you get involved in something meaningful. Helping a friend, organization or cause, will be appreciated and will lead to new connections.

Leo Moderation will be necessary. If you overreact or take on too much, it will be difficult to properly take care of your responsibilities. Stay focused on what's important.

Virgo Put your best foot forward. Don't hesitate to take control, sign up for courses or see an expert to broaden your horizons and boost your opportunities.

Libra Don't try to change others. Take a critical look at yourself and make adjustments that will leave you feeling good about who you are and what you have to offer.

Scorpio Partnerships are favored. Both personal and professional relationships will motivate you to use your skills and draw on your ability to set new trends.

Sagittarius Listen to your inner voice, not to what someone tells you. Someone trying to take advantage of you will give poor advice. Physical changes should be made cautiously.

Capricorn Altering your environment at home will be beneficial. Getting along with the people you live with and designating space and chores will encourage everyone to strive for personal growth.

Aquarius Think before you act. Keep your emotions in check when dealing with a friend, relative or loved one. Focus on physical improvements, romance and exuding a fun-loving attitude.

Pisces A financial gain will come your way if you renegotiate a contract or settlement. Trust your insight and make an offer that's hard to refuse. It's in your best interest to take control. EUGENIA LAST

LIFESTYLE

Music with a view

When it's not hosting concerts, Pier 17's rooftop venue will remain open as one of the city's prettiest public spaces. HOWARD HUGHES CORPORATION

The Seaport District's Pier 17 is your summer concert destination — and we've got the full lineup.

EVA KIS
eva.kis@metro.us

Between boat bars, free cruises of New York Harbor and all the exciting new things happening on Governors Island, you were already going to spend your New York City summer on the water. Now, add a waterfront concert series to that list.

Lower Manhattan is getting a new riverside concert venue this summer with the opening of Pier 17 on July 28. The massive entertainment complex designed by the Howard Hughes Corporation has a rooftop concert venue as its crown jewel and the lineup for its inaugural Rooftop Concert Series has just been revealed, and you'd better get tickets now if you hope to get in.

The 21 shows at the venue is handled by Live Nation, so we were expecting some serious talent to be on the lineup — and they didn't disappoint. The 21-show series begins with a free concert by Jon Batiste and the Dap-Kings on opening day, and continues through Oct. 12 with a wide range of acts, from deadmau5 and St. Lucia to Diana Ross and Pink Martini.

Pier 17 will also host comedy shows, starting with Amy Schumer on Aug. 1.

The concert venue can hold 3,400 for standing general admission shows and 2,400 seated. The stage's gossamer design was created by German architect Achim Menges based on the wings of a potato beetle and was designed to preserve the venue's panoramic view of the Brooklyn Bridge and DUMBO.

Tickets to all concerts (except All Time Low and Dashboard Confessional) are on sale now to Chase cardholders through Ticketmaster. Schumer and Kings of Leon are already on sale; the rest will be available beginning at 10 a.m. on Friday, May 18.

HERE'S THE FULL LINEUP OF PIER 17'S ROOFTOP CONCERT SERIES

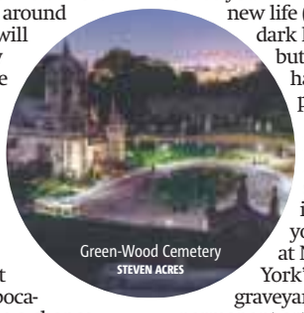
July 28: Jon Batiste and the Dap-Kings (free)
Aug. 1: Amy Schumer
Aug. 2&3: Kings of Leon
Aug. 9: Bebe Rexha
Aug. 12: Trevor Noah
Aug. 19: All Time Low and Dashboard Confessional
Aug. 21: Michael McDonald
Aug. 24: Hunter Hayes with Maggie Rose
Aug. 25: Gladys Knight & The O'Jays
Sept. 6: Jeff Dunham
Sept. 7: Rebellion Rises 2018 Tour (Ziggy Marley, Steel Pulse, Tribal Seeds)
Sept. 8: deadmau5
Sept. 21: St. Lucia
Sept. 28: STS9 with Papadosio
Sept. 29: STS9 with Slow Magic
Sept. 30: Diana Ross
Oct. 5: Slash featuring Myles Kennedy and The Conspirators
Oct. 6: Pink Martini
Oct. 7: Paul Anka Sings Frank Sinatra
Oct. 12: Thievery Corporation

Kick off outdoor movie season with a cemetery party

Summer is blockbuster movie season, but Rooftop Films has been broadening our cinema education with the essential indies, documentaries and shorts for 22 years. Not only that, they do it in the coolest settings like Brooklyn's Old American Can Factory and the terrace at Williamsburg's trendy William Vale Hotel.

For 2018, they're upping the cool and spook factors by raising the curtain on their Summer Series with "This Is What We Mean By Short Films" at Green-Wood Cemetery on May 19.

The short film series on the first night of Rooftop Films always has the same theme, and it's especially fitting for Green-Wood: new beginnings, created by filmmakers who push technical and artistic boundaries with their storytelling. Among the roster of new short films from around the world will be the very appropriate "The Burden," by Rooftop Filmmakers Fund grantee Niki Lindroth Von Bahr, about how the apocalypse can be a chance to free yourself and live a new life (yes, it's dark humor, but she does have a point).



Green-Wood Cemetery
STEVEN ACRES

Like all Rooftop Films screenings, your night at New York's oldest graveyard, whose permanent artists-in-residence include "West Side Story" writer Leonard Bernstein and artist Jean-Michel Basquiat, begins with live music at 8:30 p.m. And once your world view has been thoroughly adjusted — what does it say about us that the apocalypse doesn't sound so terrible? — stay for the after-party with drinks by Freixenet and Ketel One.

Tickets are $16 and on sale now through Eventbrite. If you want to be the first to know about all Rooftop Film events — not to mention getting free and discounted tickets all season, access to special events and priority entry to screenings — it's just $40 to become a member.

And if you just can't get enough of cemetery parties, Rooftop Films will also be holding its New York Non-Fiction short film series at Green-Wood on June 30. EVA KIS

Cancel all plans: Finale week on TV

Expect cliffhangers, weddings and happily-ever-afters as your favorite shows finish their seasons. HENRIETTA JONES

All good things must come to an end, and with May sweeps in full swing, this week, over 20 shows have series finales — or are saying farewell for good. Last night "Barry," "Silicon Valley" and "The Royals" all wrapped up their seasons and on Monday night, "Superior Donuts" and "Lucifer" bid adieu. Here's what to watch the rest of the week before they're gone.

TUESDAY

RAY MICKSHAW/FOX

"New Girl" *9 p.m. Fox*

After seven seasons and one time jump, "New Girl" wraps up this week, following Jess and Nick committing to a dog (yawn) and getting engaged (finally!) in last week's episode. While promotional stills indicate celebrations are afoot, interviews with the cast have hinted at a big last-minute twist — so this might be worth tuning into if you left the series long ago.

Also finishing up: "Black-ish" *9 p.m. ABC*

WEDNESDAY

"Riverdale" *8 p.m. CW*

Based on the Archie Comics, Riverdale has spent two seasons trying hard to be the "Twin Peaks" version of "Glee" with mixed success (and ratings). For the finale, the Black Hood has been revealed, Jughead's fate hangs in the balance, the election will be decided. But real reason to watch is to see Cheryl's next move as she joins the Southside Serpents. The show has been renewed for a third season, so expect a cliffhanger

Also finishing up: "Modern Family" *9 p.m. ABC*

KATIE YU/THE CW

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THURSDAY

ERIC MCCANDLESS / ABC

"Grey's Anatomy" *8 p.m. ABC*

The show that simply won't end has opted to take the wedding-where-everything-could-go-wrong route for its 14th season finale, with characters Alex & Jo set to finally wed after a few missed opportunities. However, with fan favorite April barely making it out alive last episode (and Matthew also getting slammed), it could be a tearjerker.

Also finishing up: "Gotham" *8 p.m. FOX*

FRIDAY

"Once Upon a Time"

8 p.m. ABC

After losing four of its core cast members at the end of season six, the demise of "Once Upon a Time" was inevitable. However, in a win for fans, the narrative returns to Storybrooke, and real life couple Ginnifer Goodwin and Josh Dallas, who play Snow White and Prince Charming, return for part two of the series — and one last happily ever after.

Also finishing up: Marvel's "Agents of S.H.I.E.L.D" *9 p.m. ABC*

BOB D'AMICO / ABC

What's new and what's gone

Networks did some spring cleaning as cancellations, renewals and pick-ups flood in.

HENRIETTA JONES
letters@metro.us

There's no saving grace for Fox's "Lucifer." JORDAN ALTHAUS, FOX

Networks have been picking up and throwing out shows this week like a toddler with too many toys (and a teenager with too much money). As shows finish out their seasons and contracts come up for renewal, networks are tweaking their 2018/2019 schedules, trying to find that perfect mix of comedy, drama and reality to reel in advertising dollars — and if a show hasn't been performing, it's been given the ax.

Bloodbath at Fox

While there are many shows that simply fizzled, fans are particularly cross over three cancellations. Fans of Fox's "Lucifer" will have to live with no resolution to a big cliffhanger this week because, after three season, the show has been canceled. Over at SyFy the cancellation of "The Expanse" has fans fuming. However, the biggest outcry by fans (and creators) was the cancellation of "Brooklyn Nine-Nine."

In a rollercoaster couple of days, Fox canceled the show, there was talk of Hulu picking it up (similar to how "Mindy" was saved), Hulu passed, and then, NBC picked up the series for a sixth season. A happy ending (and win) for fans who cried foul online and stomped their feet until the studio noticed.

"Lethal Weapon"

One of the biggest scandals around renewal season has revolved around the future of Fox's "Lethal Weapon." Star Clayne Crawford recently released a series of public apologies on social media for apparent issues he caused on set:

"I an incredibly sorry if my passion for doing good work has ever made anyone feel less than comfortable on our set, or feel less than celebrated for their efforts. Furthermore, I apologize to all the crew and cast for any negative attention Lethal Weapon is receiving because of these incidents."

However, it seems this was not enough to placate the studio, with the actor let go, according to The Hollywood Reporter. Over the weekend, "American Pie" alum Seann William Scott was announced as his replacement, and the show was picked up for a third season.

Renewals to know

Many shows, however, have been given the green light for the next season: Over the weekend, Fox renewed "Gotham" for a fifth season. "American Idol"

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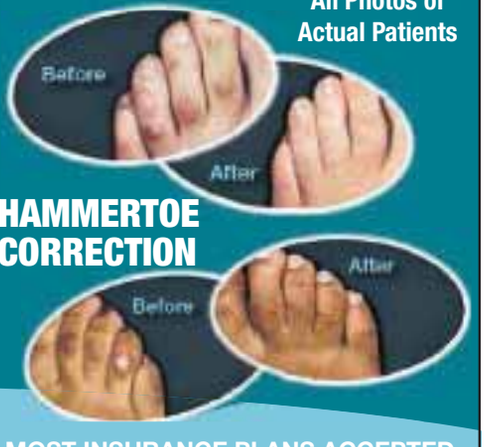

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Don't worry, "Brooklyn Nine-Nine" will be back next season. JOHN P. FLEENOR, FOX

and "How to Get Away With Murder" have both been renewed by ABC, as has "Speechless," "Blackish," "Fresh Off the Boat," "For the People" and "Station 19."

However, showing that not everything Marvel touches turns to gold, the network has canceled Marvel's "Inhumans."

Reboots are still hot

Going along with the idea that everything old is new again, The CW is rebooting cult favorites "Charmed" and "Roswell," picking up both pilots. Unfortunately, Fox is also applying that theory and reviving "Last Man Standing," which stars Tim Allen, because apparently six seasons wasn't enough.

New favorites

And in a rare move, two shows this season have been so well-received they've been renewed for a second season before the public even got to see them.

The first is "Killing Eve," starring Sandra Oh, which has seen a significant growth in viewers week on week, The second is Amazon ordering a second season of "Tom Clancy's Jack Ryan," which stars John Krasinski and is set to debut on Amazon Prime Video on Aug. 31

Say goodbye to these canceled shows:

- "The Exorcist" (Fox)
- "Quantico" (ABC)
- "The Mick" (FOX)
- "Designated Survivor" (ABC)
- "Brave" (NBC)
- "Taken" (NBC)
- "Rise" (NBC)
- "Scorpion" (CBS)
- "Great News" (NBC)
- "Kevin Can Wait" (NBC)
- "Ten Days in the Valley" (ABC)
- "Deception" (ABC)
- "The Crossing" (ABC)
- "Alex, Inc." (ABC)

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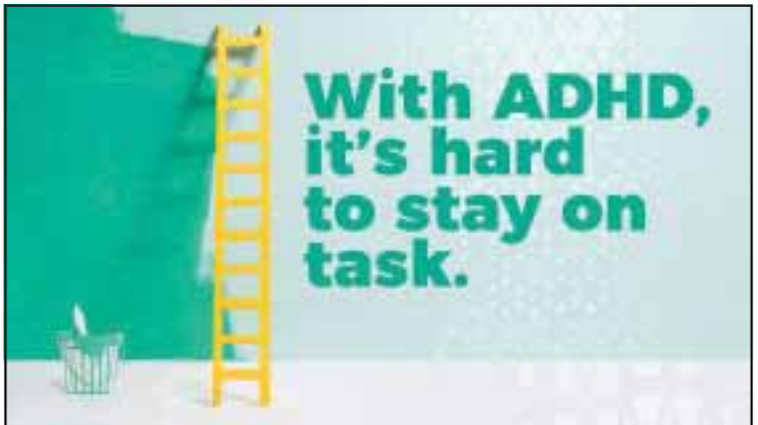

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Stupid *simple* ways to get healthy

Practical-wellness guru Dr. Frank Lipman tells us how to get started on living better.

LINNEA ZIELINSKI
linnea@metro.us

The process of getting healthy should feel like this.
ALL PHOTOS ISTOCK

When it comes to health, most of us claim we want the good guy who treats us well, while running after the bad boy who brings nothing but trouble. You know you should eat greens. But what do you do? Go for the doughnut that makes you feel good for two seconds.

If you really want to get healthy, there are some stupid-simple ways to do it. We talked with Dr. Frank Lipman, integrative medicine specialist and author of the book "How to Be Well." His book is all about practical ways to boost your health and happiness daily — and none of them feel daunting.

Make friends with fat

Holding back from the avocado trend? Don't! "Eating a diet of low-fat foods is not the ticket to health we once thought," according to Lipman. "Fat is absolutely essential for every function of the body and brain, including healing and repairing functions, and when you eat enough of it every day, you enjoy a bounty of benefits." So put down that 100-calorie snack pack right now and make sure you heard that very good reason to double down on the guac: Fat is essential to basic functions of your body.

What can a day of healthy eating with the right amount of fat do for you? "Stable, longer-lasting energy and fewer hunger highs and lows" are just the beginning, says Lipman. If your goal is to lose or maintain weight, you'll also enjoy a more efficient metabolism and fewer cravings. You can also thank that handful of almonds for "clearer thinking and more balanced moods," he says. Healthy fats are also a hair, skin and nails supplement you'll actually enjoy taking.

Seriously, eat the veggies

You know it, so why aren't you doing it? "If there is one game-changing action you can start today that will utterly transform your state of well-being, it's upping your consumption of life-supporting, phytochemical-packed, mineral- and vitamin-rich, fiber-laden vegetables," Lipman tells us. There are just too many benefits to eating some roughage to keep ignoring this one.

To hit optimal levels, which is around two-thirds of your food intake, focus on adding veggies in throughout the day instead of taking other things away. It's not about depriving yourself, but rather shifting your focus. As Lipman suggests, all you need to do is "shift the green or crunchy portion of your meal from sidekick to starring role."

Enjoy a big lunch

We've all heard the advice to eat breakfast like a king, lunch like a prince and dinner like a pauper — but some people just aren't hungry in the morning. There's no need to force food down in the early hours, says Lipman. In fact, he suggests you "eat your largest meal of the day at lunch, in sync with when the sun is at its zenith, and a smaller meal at night, as the sun sinks out of sight."

Your body is most prepared to handle a big meal around this time, according to Lipman, because "the 'clock' in your GI tract triggers hormones that set off hunger pangs and cue the liver and digestive system to get ready to process nu-

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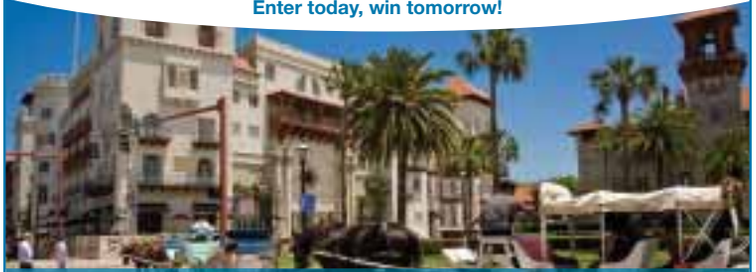

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trients." But he explains that these processes wind down at night just like we do, "which is why many people find that digestion and elimination, as well as sleep, are more satisfying with substantial lunches and lighter (sometimes soup-based) dinners."

Rest like you mean it

You work hard, you run errands, you get stressed — but you keep going. We get it, you're superhuman. But it's time to treat sleep seriously because it has a big effect on your health. So, sorry supermom, but that means taking care of yourself as well as you do your family, starting with tearing yourself away from the TV and your tablet. "The evidence is irrefutable. If you want to sleep better, take back control of after-dark tech habits," Lipman summarizes.

Sure, that episode of your favorite TV show kept you wanting more, but it can wait until tomorrow. That habit of winding down in front of the TV or your phone "squelches sleep triggers," he explains, "not just because of light disruption, but also because it promotes alertness and mental revving." Let's put it this way: You'll appreciate the show more and write wittier comments on your friends' Instagram posts tomorrow if you sign off early and rest up tonight.

Get friendly with fat.

Get outside already!

Parks aren't just pretty — they're like a stress-busting prescription for the average person. (Not to be confused with your actual anti-anxiety or depression prescription if you need one.) Spending "intentional time" outside — as in, paying attention to your surroundings — "restores something of your original human condition," Lipman says. This includes "a calm body with an optimized immune system, and a brain in a state of restful awareness, alert to surroundings but unencumbered by constant thought." Those bird sounds act to quiet down those anxious thoughts constantly running in the background of your brain — but only if you tune in and pay attention.

Ready to get healthy? Grab your hearty lunch packed with veggies and filling healthy fats, go outside and listen to the branches swaying in the breeze tomorrow. You'll have checked four of the five boxes for a better you in a matter of minutes.

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442- 453.

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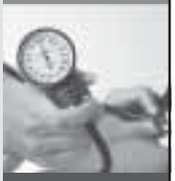

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The royal wedding goes Lego

The Queen and the Duke of Edinburgh as well as best man, The Duke of Cambridge, the Duchess of Cambridge and Prince George and Princess Charlotte, plus the Duke and Duchess of Cornwall and Meghan Markle's parents | GETTY

11
model makers created the Lego royal wedding.

592
hours were needed to make it.

60k
Lego bricks were used

Model of the big event

The UK attraction park Legoland has installed a miniature model of Windsor Castle featuring the Royal wedding of Harry and Meghan Markle, set for May 19. It was created by a team of 11 model-makers using almost 60,000 pieces of Lego bricks. The work highlights a 60-brick Markle in her wedding dress and veil riding in a brick-built carriage with Harry, surrounded by 500 spectators, mimicking the real life procession planned for the big day. **MWN**

Mini Ascot Landau carriage, made from 1,500 Lego bricks, complete with two mini 200 LEGO brick horses. | GETTY

The Windsor Castle | GETTY

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GAME 3
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8 PM, NBCSN

CAVS AT CELTICS

NBA EASTERN CONFERENCE FINALS
GAME 2
CELTICS LEAD 1-0
8:30 PM, ESPN

Yanks' Stanton has arrived

The new Yankees slugger has been able to put a miserable start to the 2018 season behind him.

JOE PANTORNO
joseph.pantorno@metro.us

Hindsight is a beautiful thing because New York Yankees fans mercilessly booing their newest jewel, Giancarlo Stanton, after a dreadful start to the 2018 season is just laughable now.

Some pinstripe supporters were ready to hit the panic button after the first 20 games of the reigning National League MVP's debut in the Bronx after he was traded from the Miami Marlins over the winter following a 59-home-run 2017.

While a period of acclimation was expected from Stanton as he transitioned from a small market like Miami to the most recognizable baseball team in the world, not many thought it would have started as badly as it did. Stanton batted just .198 with four home runs, 12 RBI and a dizzying 32 strikeouts in those first 20 appearances.

But all he needed was some time. Stanton's strikeout rate is still concerning as he leads the league with 55 punchouts, but his last 20 games have been significantly better, headlined by a massive 4-for-4 effort with a home run and three RBI on Sunday afternoon against the Oakland Athletics. That game alone raised Stanton's season average 20 points from .232 to .252.

From games No. 21 through 40, Stanton has batted .311 with six home runs and 14 RBI along with a .393 on-base percentage, 100 points better than his on-base percentage in his first 20 games.

It's put him right on pace with his MVP-like numbers from last season. In fact, it's practically dead on.

Stanton really came alive in August of last season to make a push for 60 home runs as he hit 18 round-trippers in the calendar month. He was able to do so in a much more-expansive Marlins Park compared to the hitter-friendly Yankee Stadium. Just wait until Stanton finds his home run swing in the Bronx.

GIANCARLO STANTON 2017 STATS THROUGH MAY 13

35 GAMES
.259 BA
.376 OBP
.541 SLUGGING%
11 HR
26 RBI

**WON NL MVP AWARD WITH .281 BA, 59 HR, 132 RBI*

GIANCARLO STANTON 2018 STATS THROUGH MAY 13

40 GAMES
.252 BA
.339 OBP
.516 SLUGGING%
10 HR
26 RBI

Yankees bats breaking new records in 2018

For a franchise that has seemingly run out of records to break, the New York Yankees continue to find ways to reach new heights.

Giancarlo Stanton's solo home run in the fifth inning of Sunday's 6-2 win over the Oakland Athletics put him at the 10-home-run mark in the team's 40th game this season. He became the fourth Yankee — Aaron Judge (11), Gary Sanchez (10), Didi Gregorius (10) — to reach the double-digit round-tripper mark already this year.

It's the first time in franchise history that the Yankees have four 10-home-run hitters through the first 40 games of a given season. In fact, they never had as many 10-home-run hitters through 50 games, either as ESPN.com's Coley Harvey pointed out that the most New York had through 20 games was just two.

Giancarlo Stanton (left) and Aaron Judge (right) are helping the Yankees power surge early on this season. GETTY IMAGES

The last team to pull off such a feat was the 2003 Texas Rangers, which featured Alex Rodriguez, Rafael Palmeiro, Juan Gonzalez and Carl Everett. Rodriguez would lead the league with 47 home runs on his way to his first-career American League MVP Award. That winter, he would be traded to the Yankees.

This is exactly what we expected from the Yankees, though.

Stanton was coming off of a 59-home-run 2017 in which he won the National League MVP as a member of the Miami Marlins. It was the most home runs hit in a single season since Barry Bonds' legendary 2001 campaign in which he set the MLB single-season record with 73 long balls.

Judge set a league record last year, launching 52 home runs, the most ever recorded by a rookie. He was also the first American Leaguer to belt more than 50 home runs since Chris Davis put up 53 with the Baltimore Orioles in 2013.

Sanchez has quickly become the best hitting catcher in baseball, hitting 33 home runs in his first full season in the majors last year. His average has been cause for concern at .209, but he's batting .400 over his last four games.

While he shouldn't be much of an afterthought, that's exactly what Didi Gregorius is when it comes to the power department. But his 10 home runs over the first 25 games of the 2018 season helped the Yankees navigate through a mediocre start through the opening 18 games of the year. While he's cooled off since then, he is still on pace to better his career-high of 25 last year, which set a Yankees franchise record for most home runs by a shortstop in a single season.

Even with this new record in hand, the Yankees are on pace to hit 231 home runs this season, which would fall well short of the MLB record set by the 1997 Seattle Mariners with 264.

JOE PANTORNO

So-so Syndergaard gets ball tonight

The New York Mets ace has looked rather hittable over his last few starts. He'll face the team that traded him tonight.

JOE PANTORNO
joseph.pantorno@metro.us

He hasn't necessarily been bad, but New York Mets starting pitcher Noah Syndergaard has left something to be desired this season.

Coming back from a torn pectoral muscle that sidelined him for most of 2017, the fireballing right-hander nicknamed Thor hasn't quite regained his superhero form from 2016 and the early portions of 2017.

There hasn't been a change in his velocity, but there seems to be less life on it, which has made him seem less hittable through the early portions of this year.

He's allowed three or more earned runs three times over his first eight starts and hasn't won a game since Apr. 9. His walks, hits per innings pitched (WHIP) is at 1.200, which is on pace for its highest mark in his career and his four home runs given up in 46.2 innings of work has him poised to allow the most round-trippers since his rookie year in 2015, should he pitch 180 innings.

That being said, Syndergaard has pitched six or more innings in each of his last four starts while ranking fifth in the National League with 10.41 strikeouts per nine innings. And a 2-1 record with a 3.09 ERA is nothing to be concerned over. It's just that the ace's 2016 season in which he went 14-9 with a 2.60 ERA and the start of 2017 when he had a walks-to-strikeout ratio of 11.33 while not allowing a single home run in seven starts created big expectations this year.

Noah Syndergaard hasn't been bad this season, but he hasn't been the lights-out ace we all know. GETTY IMAGES

Syndergaard hasn't seemed too concerned, though.

"I'm getting those mediocre starts out of the way so I can dominate in September, I guess," he said after his last outing on May 6.

His scheduled start on Saturday night was squashed due to rain. The team's late notice of inclement weather forced Syndergaard to move his start to Tuesday night instead of Sunday in an attempt to avoid any sort of injury. Syndergaard was warmed up and ready to go on Saturday night and getting him up again for Sunday could have created a strain on the arm or recovered pectoral muscle.

Now he'll face a Toronto Blue Jays team that traded him to the Mets in 2012 alongside Travis d'Arnaud for pitcher R.A. Dickey, a deal that has worked out incredibly well in the Mets favor.

Syndergaard has faced his former team just once before in his career, allowing just one run on two hits while striking out 11 over six innings in a no-decision during the 2015 season.

The Blue Jays have lost seven of their last 10 games, which is narrowly better than the fledgling Mets, losers of nine of their last 11 outings. After starting the season 11-1, the Mets have plummeted to fourth in the National League East and are now four games behind the division-leading Atlanta Braves.

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Flowers reports to Giants facilities

The offensive lineman's future in New York has been in jeopardy for most of the offseason.

JOE PANTORNO
joseph.pantorno@metro.us

Troubled offensive lineman Ereck Flowers arrived at Giants facilities on Monday after missing five weeks worth of workouts. GETTY IMAGES

For the first time this offseason, the New York Giants have seen offensive lineman Ereck Flowers, the enigmatic 24-year-old arriving at team facilities on Monday for offseason workouts. He had missed the first five weeks of the team's workout program, which began at the beginning of April.

According to teammate and safety Landon Collins, who was somewhat reprimanded by new head coach Pat Shurmur shortly after, Flowers stayed at his home in Miami because he was upset that he had to make a move from left tackle to right tackle after the team signed Nate Solder to a four-year, $62 million deal in March.

Flowers hadn't done much to prove that he was worthy of keeping his spot at left tackle though, as he was one of the worst offensive linemen in the NFL. Analytics site Pro Football Focus assigned Flowers with a grade of 51.4, which was ranked 54th among all offensive tackles in the NFL and given the designation of "poor".

Needless to say, that's not the kind of production the Giants were expecting from a talent chosen ninth-overall in the 2015 NFL Draft. He's been given plenty of chances too, starting all but two games over his first three seasons in the league.

His inability to show up to workouts throughout April led the Giants to post his name on the trade market around the time of the 2018 draft in an attempt to acquire a fourth-round draft pick. A deal was unable to be worked out, though.

Shortly after draft night, on May 1, Flowers hired Drew Rosenhaus as his agent, his first real representation since being drafted into the NFL. His father was listed as his agent during the first three years of his career.

Now back with the Giants, for now at least, Flowers has a lot of missed time to make up for. Not only does he have to start working to get back into playing shape, he'll have to do so attempting to acclimate to his new position at right tackle, which might be a disaster in the making considering the difficulties he faced in the NFL playing at his natural spot on the left side of the offensive line.

ESPN's Adam Schefter was first to report of Flowers' arrival to team facilities and revealed that "a trade is still an option," for the Giants, but they will move forward with Flowers as their starting right tackle.

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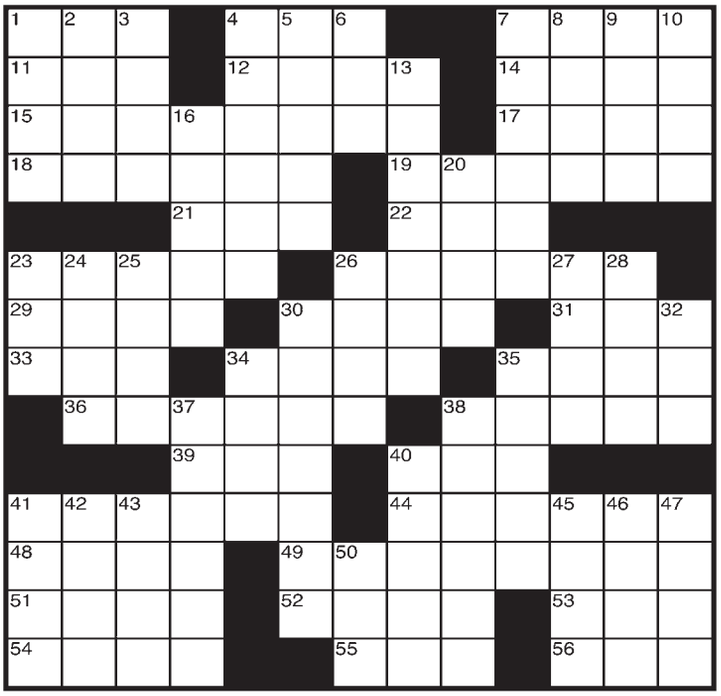

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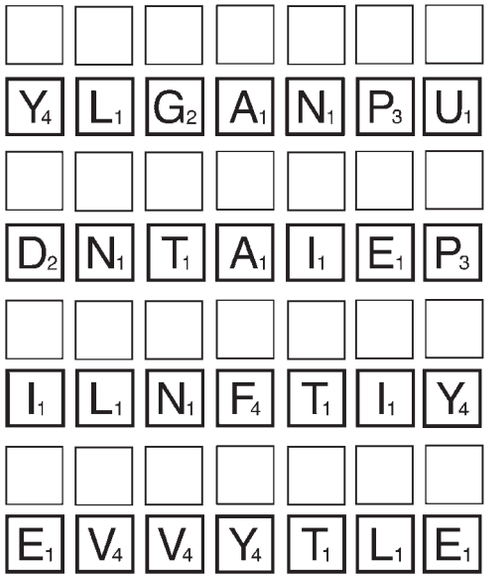

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RACK 1

RACK 2

RACK 3

RACK 4

NEW TURN BACK TO PAGE 22 FOR HOROSCOPES

Yesterday's Scrabble answers.

C3 O1 D2 I1 C3 I1 L1	RACK 1 =	68
E1 D2 U1 C3 A1 T1 E1	RACK 2 =	70
M3 A1 L1 I1 C3 E1 S1	RACK 3 =	61
W4 A1 W4 S1	RACK 4 =	10
PAR SCORE 135-145	JUDD'S TOTAL	209

Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Seven-letter words get a 50-point bonus. "Blanks" used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Yesterday's Crosswords

M	A	P			C	I	T	E		B	A	D		
A	S	S	N		E	D	I	T		O	U	I		
N	A	S	A		L	A	C	E	I	N	T	O		
E	N	T	I	C	E				O	D	O	R		
			L	I	B		I	N	N					
L	I	K	E	D		A	M	U	S	E	D			
P	O	N	D		P	A	S	T		V	E	X		
S	T	E		C	O	H	O		S	E	A	L		
	A	W	A	I	T	S		T	E	R	N	S		
			R	V	S		L	I	D					
S	T	A	G				A	N	A	K	I	N		
O	U	T	O	F	G	A	S		T	I	D	E		
U	T	E		L	E	F	T		E	E	L	S		
R	U	N		A	N	T	S			V	E	T		

Can't wait until tomorrow to check your answers? Visit **metro.us**

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